

TOP TIP

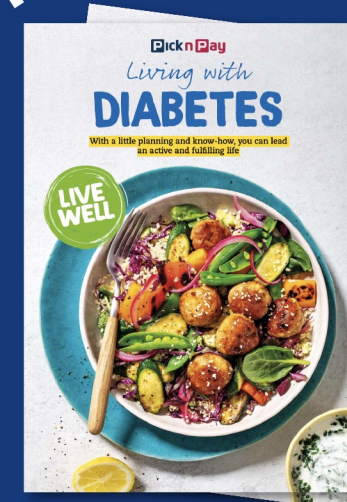
DIABETES AWARENESS MONTH

INSTEAD OF

HEALTHIER ALTERNATIVES

- Sweetened Granola > Granola or muesli with no added sugar or honey.
- Canned fruit in syrup > Canned fruit in juice that has been drained or fresh fruit.
- Desserts > Baked apple with a sugar-free custard: grilled nectarines with plain yoghurt.
- Sweetened yoghurt > Low-fat, plain yoghurt - you can add your own fruit purée or fruits.
- Energy and granola bars > Nut-and-fruit mixes; dried fruit bars without added sugar; crackers which are high in fibre with peanut butter.
- Muffins > Home-made muffins with less sugar in the recipe, add banana, apple purée or raisins.

READ ME!



FOR FREE DIETARY ADVICE,

contact the Pick n Pay dietitian at healthhotline@pnp.co.za